

Westminster Senior Center

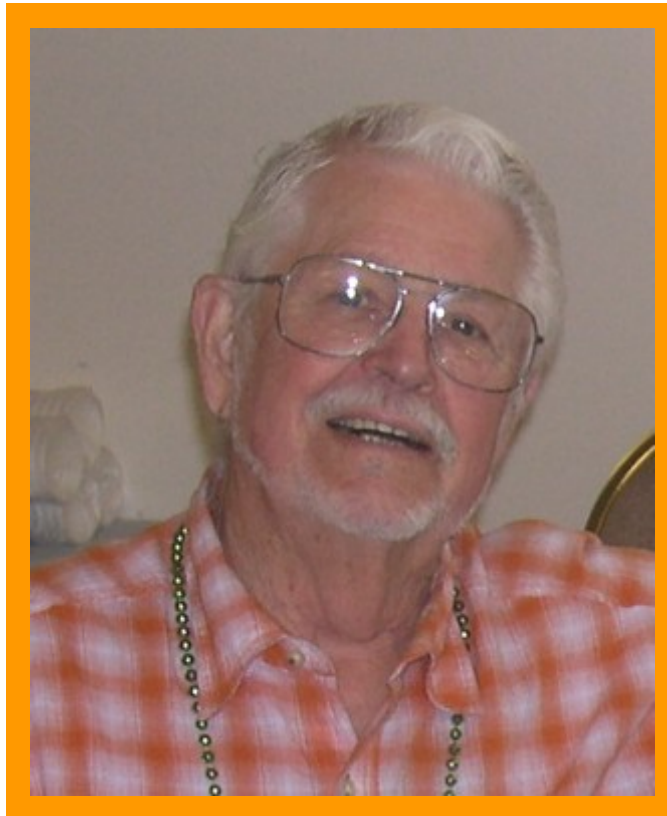
Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

May 2010

(714) 895-2878

James "Woody" Woodyard



Senior of the Year

Volunteer Recognition 2009

Senior of the Year:

James "Woody" Woodyard

The words most frequently used to describe Woody are sincere, honest and helpful. He helps without hesitation whenever he is asked, and always gives 100%. He has brought in many baked goods over the years in the mornings to share with our morning crowd. He is very successful in going out into the community to request gift cards and other donations for our parties. He helps get phone cards through the USO for our troops to call home. For years he has been a key individual in our Commodities Program because of his sincere passion that people have plenty to eat.



Westminster Senior Services Team

MAYOR & CITY COUNCIL DEPARTMENT LINE

(714) 5483240
Margie L. Rice
MAYOR

(714) 548-3183
Frank G. Fry
MAYOR PRO TEM
(714) 548-3179

Tyler Diep
COUNCIL MEMBER
(714) 548-3181

Andy Quach
COUNCIL MEMBER
(714) 548-3182

Tri Ta
COUNCIL MEMBER
(714) 548-3179

Donald D. Lamm
CITY MANAGER
(714)548-3172

Greg Johnson
COMMUNITY SERVICES DIRECTOR
(714) 895-2860

Diana Dobbert
ASSISTANT COMMUNITY SERVICES DIRECTOR
(714) 548-3665

★ Please Note: The City of Westminster now has an updated phone system; some numbers remain the same; others have changed.

COMMISSION ON AGING

Chair-Vince Agor (714) 897-6252
Commissioner-Nora Barajas (714) 893-3708
Commissioner-Phillip Hodgetts (714) 847-4165
Commissioner-Jerry Meade (714) 893-2865
Commissioner-Vince Petronzio (714) 897-6261
Commissioner-Ginger Waugh-Borden (714) 897-4644
Alternate-Erwin Vysma (714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff
(714) 895-2878

Senior Services Supervisor - Claire Hutchinson
Nutritionist Maribel Avilez
Secretary - Sherrie Machuga
Receptionist - Ivy Gimondo
Clerk Typist - Joy Williams
Transportation Coordinator - Bea Pratte
Van Drivers - John Conrekas, Bertha Lara and Clarey Mercer
Health Care Nurse - Jane Hannah
Project S.H.U.E. Director-Susana Delgado
Senior Center Intern-Amber Julian

We are on the Web!

This monthly newsletter,
The Senior Center Spotlight,
is now available on the City Website:

www.ci.westminster.ca.us,

Departments, Community Services, Senior Services.

Emergency & Business
Telephone Numbers

Emergency Number	911
Police	(714) 898-3315
Fire	(714) 744-0400
Elder-Abuse	1(800)451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714)898-9648
Library	(714)893-5057
Medi-Cal	(714) 741-7100
Social Security	1(800)772-1213
Ombudsman	(714)479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center

Health Talk: “Exercise and Older Adults”

Wednesday, May 5th

11:00-11:30 a.m.

Room 10

Presented by Jane Hannah , R.N., P.H.N.

Sponsored by: Adult Public Health Nursing Services
and the Orange County Health Care Agency.

Topics to include:

- How and why you should be exercising
- How it will improve your life

Diabetes Education & Support Group
“Foot Care”



Wednesday, May 19th
12:30 p.m.-2:00 p.m. in Room 1



Presentation given by: Jane Hannah RN, PHN

Sponsored by: Adult Public Health Nursing Services,
and the Orange County Health Care Agency.



Information on Medical will be discussed.

Senior Center Programs

Westminster Senior Center 

presents

"Creative Hat Day"



Wednesday,
May 19th
9:00 a.m.
Dining Room



Wear your craziest, funniest,
biggest,
most original,
most beautiful hat you can find or create!!
Join us as we fellowship with friends!
Snacks will be provided

From the Director's Chair

We Treasure Our Volunteers:

It was wonderful to see so many volunteers at the Volunteer Recognition Party in April. The party was held in the East/West room and was a huge success. I want to thank the Staff for the many hours they put in planning and participating in the event. We congratulate **James "Woody" Woodyard** who was honored as the "2009 Senior of the Year."

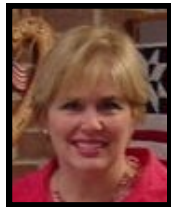
Our entertainment was **Stardust Sounds Trio** which everyone enjoyed. Thank you **Uncle Pete's** for donating gift cards for our "gift" drawing.

We have a lot of fun events coming up soon:

- | | | |
|------------------------------------|---------------------------------|------------------------|
| ♦ Cinco de Mayo | Wednesday, May 5 th | 10:30 am Entertainment |
| ♦ Mother's Day Celebration | Thursday, May 6 th | 11:00 Entertainment |
| ♦ Creative Hat Day | Wednesday, May 19 th | 9:00 am |
| ♦ May Birthday Party | Thursday, May 27 th | 11:00 am Entertainment |
| ♦ Identity Theft/Scams Talk | Wednesday, June 2 nd | 10:00 am |
| ♦ Father's Day Celebration | Thursday, June 17 th | 11:00 am Entertainment |

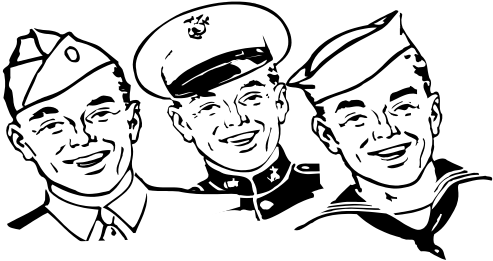
Thank you to all the ladies that worked so hard to put on the **Craft Boutique** in the Lobby the last week of April. The response was enthusiastic.

Our **Spring Auction** which benefits the **S.H.U.E. Program** was a success. The auction brought in a little over \$1,200.00. Thanks to all that donated items to the auction and all those that participated in the it. Our next auction will be in November and will benefit the programs at the Senior Center. Be sure and save your beautiful items to donate to this Fall Fundraiser. Enjoy the beautiful roses around the Civic Center.



Enjoy the Spring season, **CLAIRE**

*We will be Closed on Monday, May 31st,
in honor of Memorial Day*



Senior Center Programs

Lunch Is Served

Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

- You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.
- After three “no shows” you will be taken off the transportation program.
- Be ready to walk out the door when it is pick-up time from your home. (There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS
Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



Mondays, Wednesdays & Fridays
Thanks to our MAY 2010 Callers:

5/3-Mary Pagano	5/21-Dorothy Siebert
5/5-Earl Northcott	(9:30-11:15)
5/7-Bob Munn	5/24-Dollie DeRobbio
(9:30-11:15)	5/24-Kim Ward
5/10-Kim Ward	5/26-Dollie DeRobbio
5/12-Dollie DeRobbio	5/28-Dorothy Siebert
5/14-Sue Wolff	(9:30-11:15)
(9:30-11:15)	5/31-Closed
5/17-Bill Grudzien	for Holiday
5/19-Earl Northcott	



*Congratulations to our
Volunteer of the Year:*
James “Woody” Woodyard

MARK YOUR CALENDARS:

Adult Public Health Nursing Services is
sponsoring 2 Health Seminars:

1) LIVING WELL WITH AN ONGOING CONDITION

A free six-week interactive workshop
Mondays from 9:00 a.m. - 12:00 noon

Dates:

July 12th, 19th, & 26th, and August 2nd, 9th, & 16th

2) DIABETES WORKSHOP

A free four-week interactive workshop
Wednesdays from 9:00 a.m.-11:00 a.m.

Dates:

September 8th, 15th, 22nd, & 29th

Sign the Interest List at the Front Desk

DAY TRIPS

Casino Hop Mystery Trip ???

Thursday, May 20th, 2010

Two beautiful casinos (that you have not visited in a long time) plus a free lunch buffet at the locals favorite spot! A fun-packed day for everyone.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$44.00

Pageant of the Masters

Wednesday, July 14th, 2010

This year's theme is “Eat, Drink and Be Merry”, highlighting the timeless masterpieces that have captured and enhanced the exhilaration of good times, including when times were hard. Price includes show & transportation. *Includes walking and stair climbing.*

Depart: 5:00 p.m.

Return: 11:30 p.m.

Cost: \$55.00



San Manuel Indian Casino

Tuesday, June 29th, 2010

All NEW \$350 Million Dollar Casino! 2000 State-of-the-Art Slot Machines! 99 Poker & Blackjack! \$10 back in Slot Play OR Food.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Sycuan Indian Casino

Wednesday, July 28th, 2010

\$20 CASH back upon arrival!

Another True “Las Vegas” Style Casino! Enjoy a fun-filled day gaming at the beautiful “Sycuan Resort & Casino!”

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$32.00

Viejas Indian Casino

Tuesday, August 24th, 2010

Enjoy a fun-filled day in Gaming & Shopping at Viejas!

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Lake Arrowhead

Tuesday, August 10th, 2010

Enjoy the day in the beautiful San Bernardino Mountains as you travel up to Lake Arrowhead. Spend time browsing in Arrowhead Village, then a delicious lunch at the Arrowhead Resort and afterwards enjoy a narrated cruise on the Arrowhead Queen. More time for shopping to

finish off a fantastic day in the mountains before departing for home. Upon sign up, must choose: 1) Meatloaf, 2) Angel Hair Pasta, or 3) Club Sandwich.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$64.00

Winemaker For a Day/ (with Italian Lunch Wednesday October 6th, 2010

Package includes: Wine tasting at Thomas Winery (est. 1839), bottling your own personalized bottle to bring home, and a visit to Casa De Rancho Cucamonga w/ resident historian.

Del Mar Horseraces/with Lunch

Thursday, September 2nd, 2010

Package includes: Clubhouse Seating, Racing Program, Lunch at Hunter Steakhouse, Deluxe Motorcoach.

Upon sign up, must choose: 1) Top Sirloin, 2) Forest Mushroom Chicken, or 3) Beer Battered Fried Shrimp.

Depart: 10:00 a.m.

Return: 7:00 p.m.

Cost: \$72.00

(approximately)

OVERNIGHT TRIPS

Laughlin-Riverside Hotel & Casino

June 13th-15th, 2010

\$87 p/p Double Occupancy
(Sunday-Tuesday) \$107 Single Occupancy
Includes 3 days/2 nights.

Plus a “Laughlin Funbook”, including three 2 for 1 meal coupons at local casinos, along w/ 2 for 1 drinks, appetizers, Boat Cruise and much more.

Baggage Handling & Driver's Tip included.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Laughlin Luau-Riverside Hotel & Casino

September 14th-16th, 2010

\$89 p/p Double Occupancy
(Tuesday-Thursday) \$109 Single Occupancy
3 days/2 nights.

Includes FREE buffet, (1 choice + 2 breakfasts), Plus LUAU DINNER, & “Laughlin Funbook.”

Baggage Handling & Driver's Tip included.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Laughlin Christmas-Riverside Hotel & Casino

December 5th-7th, 2010

\$89 p/p Double Occupancy
(Sunday-Tuesday) \$109 Single Occupancy
3 days/2 nights.

Includes **Christmas Dinner Party at the Hotel**, plus two FREE Buffets, “Laughlin Funbook”, Boat Cruise & much more! Baggage Handling & Driver's Tip included

Depart: 8:00 a.m.

Return: 6:00 p.m.

*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.*

Senior Center Classes

**Adult Fitness (Chair Exercises)			<u>Longevity Stick</u>		
A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.			Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.		
Day	Time	Instructor	Day	Time	Instructor
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters	Monday	9:00 a.m.-10:00 a.m.	D. Allison
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters	Thursday	9:00 a.m.-10:00 a.m.	M.Bac Dau
**Beginning (Chair) Fitness			<u>*Low Impact Aerobics 2</u>		
Day	Time	Instructor	Day	Time	Instructor
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters	Tuesday	10:45 a.m.-11:45 a.m.	J. Camarena
**Balance & Mobility			<u>Mah Jongg</u>		
A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor's clearance, medical history and balance evaluation before enrollment.			Day	Time	Instructor
Day	Time	Instructor	Monday	10:00 a.m.-12:00 noon	Group
Tues./Thurs.	8:45 a.m.-9:45 a.m.	M. Masters	<u>*Mental Gymnastics(4/21-6/9)</u>		
<u>Bridge</u>			Day	Time	Instructor
Day	Time	Instructor	Wednesdays	9:00 a.m.-11:30 a.m.	S. Fleming
Mon./Thurs.	12:15 p.m.-3:00 p.m.	Group	<u>* Stretch and Flex</u>		
<u>Bunco</u>			Day	Time	Instructor
Day	Time	Instructor	Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena
2nd & 4th Wed. of each month	12:30 p.m.-3:00 p.m.	D. Vorono	<u>Sudoku</u>		
<u>Beginning & Intermediate Computer Classes</u>			Day	Time	Instructor
PLEASE NOTE: Applicants start by filling out forms at the Front Desk. Instructors will contact potential students with the new schedules.			Friday	10:30 a.m.-12:00 noon	M. Epstein
<u>Intermediate Computer Class</u>			<u>Tai Chi</u>		
Day	Time	Instructor	Day	Time	Instructor
Monday	9:00 a.m.-11:30 a.m.	K. Hillhouse	Friday	8:30 a.m.-10:30 a.m.	L. Mo
Tuesday	12:30 p.m.-3:00 p.m.	B. Ault	<u>Yarn Spinners</u>		
<u>Beginning Computer Class</u>			Day	Time	Instructor
Day	Time	Instructor	Mon./ Wed./Fri.	9:00 a.m.-12:00 noon	G. Borden
Tuesday	9:00 a.m.-11:30 a.m.	A. Spisak	Please bring your i.d. with you when you attend the Senior Center.		
Wednesday	2:00 p.m.-4:30 p.m.	D. Davis	Please Note: ALL Huntington Beach Adult School classes are now <u>Fee-Based</u>.		
<u>Creative Crafts</u>			<i>*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405)</i>		
Day	Time	Instructor	**Coastline Community College Classes are offered at no cost. Pre-registration is advised.		
Thursday	9:00 a.m.-11:30 a.m.	M. Loth	<i>(for further info., call (714) 241-6184)</i>		
<u>*Dance Aerobics</u>			◆ Coastline College Classes end May 29th.		
Day	Time	Instructor	◆ Coastline Summer Session begins June 21st		
Tues./Thurs.	12:45 p.m.-2:30 p.m.-Level 4 (Closed-Waitlist)	J. Camarena	◆ Huntington Beach Adult School ends July 9th		
Thursday	9:00 a.m.-10:30 a.m.-Level 2	J. Camarena	◆ A 4-week "Summer Special" will be offered July 12th through August 5th.		
Thursday	10:30 a.m.-12:00 noon-Level 3	J. Camarena			
Thursday	3:00 p.m.-4:30 p.m.-Level 2/3	J. Camarena			

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. May Commodities will be on **Wednesday, May 12th**. If you qualify as low income, please come between **8:00 a.m.-11:00 a.m.** **Bring proper identification & plastic bags.**

Driver Safety (formerly 55 Alive) - Classes are every other month on a **Thursday** and a **Friday** from **8:30 a.m.to 12:30 p.m.** The next class takes place on **June 17th & 18th, 2010.** **NEW PRICING:** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.** The following set of classes takes place on **August 19th & 20th, 2010.**

Las Tapatias Folkloric Dancers will be entertaining us at 10:30 a.m. on Cinco de Mayo, Wednesday, May 5th in the Dining Room. We only have them for 1/2 hour before lunch because they have another engagement. Don't miss it!





Dinner Group

Dino's Restaurant
6391 Westminster Blvd.
Westminster
Wednesday, May 19th
at 4:30 p.m.

** Sign Interest List at the Front Desk*

MOVIES

Fridays at 9:15 a.m.

May 7th

"Julie and Julia"

Meryl Streep, Amy Adams

A disenchanted government secretary decides to enliven her uneventful life by cooking all 524 recipes in Julia Child's classic culinary book.

Runtime: 2 hours

Rated PG-13 (2009); Drama

May 14th

"Suspicion"

Joan Fontaine, Cary Grant

A woman falls head over heels for a handsome gambler, but after the couple elopes, she begins to fear for her life.

Runtime: 1 hour; 40 minutes

Not Rated (1941); Classic

May 21st

"What About Bob?"

Bill Murray, Richard Dreyfuss

A neurotic New Yorker struggles with a host of phobias and ends up following his psychiatrist on vacation.

Runtime: 1 hour, 40 minutes

Rated PG (1991); Comedy

May 28th

"The Time Traveler's Wife"

Rachel McAdams, Eric Bana

Due to a genetic disorder, a librarian involuntarily slips through time, appearing at various moments in the life of his true love.

Runtime: 1 hour, 50 minutes

Rated PG-13 (2009); Drama

